



# MIDDLESEX

COUNTY • NJ



## FITNESS EVENT

### Featured Topic:

#### Posture and Systemic Health

Come walk with us to learn how posture can affect your health

### Walk Leaders:

#### Doctors Timothy Lenahan and Sam Martino

Doctors Timothy Lenahan and Sam Martino are Licensed Chiropractors at Lenahan Chiropractic in South Amboy. Their practice focuses primarily on assessing and improving posture, and their patient base ranges in age from 1 month to 90 years. The technique they employ, Chiropractic Biophysics (CBP), is the most research-based technique in the Chiropractic profession.



**July 25, 2023**  
**12:30 PM**

#### Raritan Bay Waterfront Park

201 John T O'Leary Blvd.  
South Amboy, NJ 08879

Parking is located at the entrance to the park. We will be meeting at the gazebo located by the memorial.

